

STELLAR *Life*

Hosted By *Orion*

Reboot your Health and Wellness

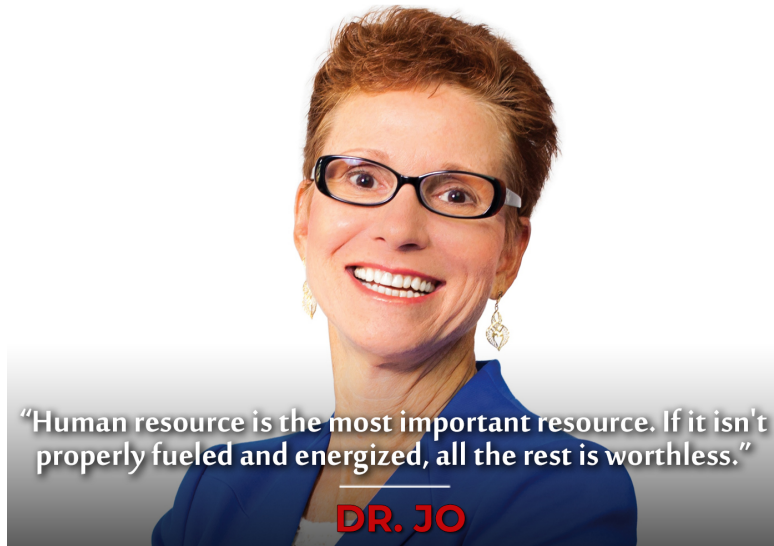
10 Point Checklist

Dr. Jo

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"Human resource is the most important resource. If it isn't properly fueled and energized, all the rest is worthless."

DR. JO

10 STEPS YOU CAN TAKE TODAY

Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.

- Listen to what your body is telling you and observe it carefully. With the help of medical experts and nutritionists, you can come up with a tailored plan for healthier living.
- Make sure you get enough protein by including things like chicken, liver, eggs, and milk in your diet. Eating low-calorie food without the proper amount of protein will not fuel your body enough to produce good energy.
- Don't overdo carbohydrates such as bread, pasta, and rice. Eating a lot of carbs during lunchtime will make you feel sleepy in the afternoon.
- Reduce your coffee intake. If you get the right kind of energy from healthy calories, you will not need caffeine.
- Avoid the so-called sugar rush by eliminating synthetic sugar from your diet and opt for natural sweeteners instead.
- Don't skip breakfast. Make it the biggest meal of your day. Eat a moderate amount of food for lunch and have a light dinner with healthy, low-calorie snacking throughout the day.
- Ensure you get seven to eight hours of sleep every night. Not getting enough sleep will automatically increase your blood pressure, making you crave more sweets and calories.
- Find a nutrition program that works best for your lifestyle. If you're struggling with weight loss or maintaining a healthy lifestyle, it's okay to ask for help from an expert.
- Take care of your mental health. You can only achieve an optimal physical lifestyle if your mindset is in the right place.
- Grab a copy of Dr. Jo's book, [Reboot](#), and back your diet and nutrition with science for faster results.